

Size	Hand Circumference
XS	7.1 - 8.1 in
S	7.5 - 8.5 in
M	7.9 - 8.9 in
L	8.3 - 9.2 in
XL	8.7 - 9.6 in



HOW TO MEASURE CORRECTLY

To determine the correct size, use a tape measure to measure the circumference of your hand by placing the tape measure around your middle hand below the knuckles with your hand open. Make sure that the measuring tape does not constrict when measuring or is too loose around your middle hand.

**Hand circumference:** With the hand open, measure the circumference of the middle hand below the knuckles.